Vancouver metro

WEEKEND, FEBRUARY 3-5, 2017

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Vancouver metro

WAGE LOVE!

Your essential daily news | A SPECIAL EDITION | WEEKEND, FEBRUARY 3-5, 2017

NOT BANNED HERE

With so much division and hate in the world, these immigrants and refugees from the seven countries recently banned by the U.S. are waging love, not hate — in all of Metro's cities Canadawide

'As a refugee, love is the basis of our society'

Golsa Golestaneh, originally from Iran, now calls Vancouver home

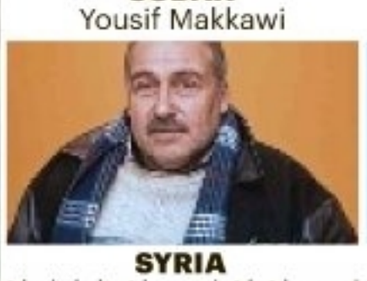
CONTRIBUTED

IRAQ
Hani Al-Ubeady

SOMALIA
Osman Ali

SUDAN
Yousif Makkawi

LIBYA
Eiman Zarrug



SYRIA
Abdalah Ahmad Al Ahmad

YEMEN
Omar Al-Emrani

QUEBEC MOSQUE SHOOTING 'WE WILL RISE FROM THIS DARKNESS STRONGER' metroNEWS

SOMETIMES LOVE MEANS SAYING SORRY (APOLOGIZE, PEOPLE) VICKY MOCHAMA metroVIEWS

OSCAR SPEECHES WON'T CHANGE THE WORLD — DOCS WILL metroLIFE

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metro NEWS
Your essential daily news

Good news: Canada's Shubenacadie Sam predicts an early spring.

Advocates appeal to city over Chinatown plans

DEVELOPMENT

Community, not developers, should come first, group says

Wanyee Li
Metro | Vancouver

Chinatown advocates are preparing to raise their voices again at an open house on proposed changes to the city's development plan for the area, but at least one activist says it will take a big change in perspective to save her childhood home.

The neighbourhood bordered by Union St., Gore Ave., East Pender Ave. and Abbott St. used to be a hub for the Chinese community in Vancouver but its vibrancy has faded in the last few decades because new immigrants are settling in the suburbs or other parts of the city.

The battle to preserve its historic architecture, mom-and-pop shops and affordable housing is falling to the young generation: the community's millennials.

"Chinatown is my childhood," said Melody Ma, with the Save Chinatown Heritage group.

"I went to school there, I went to Chinese school there, I did Chinese dancing over the weekend, I participated in the (New Year) parades."

Melody Ma says zoning changes for Chinatown put developers first and don't respect the historic area's residents. JENNIFER GAUTHIER/METRO

Ma, who still lives in the area, is part of what will probably be the last generation that will see this version of Chinatown, because the city plans to redevelop the neighbourhood with zoning that would allow buildings up to 150-feet (15 storeys) high and 200-feet frontages in some areas.

City Councillor Raymond Louie defended some of the proposed changes to Metro Monday, pointing out that the economics of constructing social housing in environmentally sound buildings don't work when buildings are too small.

The city's proposed changes would demand developers build 20 per cent of residential units as social housing.

Developers won't agree to smaller land assemblies, Louie warned.

But Ma wants the city to change its priorities when it comes to urban planning.

"Instead of starting with the question of what is economical for developers, lets instead start with the question of what is economical and right for the neighbourhood," she said.

"Why not let's think about ... respecting the character of this historic neighbourhood and realize that it is an inclusive space for people to start small businesses, to welcome immigrants, to age out in their life in a culturally appropriate and affordable neighbourhood instead of just going in and treating Chinatown like any brownfield site in Vancouver."

WEATHER

It's snow time

Snow is in the forecast again for Vancouver and the city promises it is ready this time.

The fluffy stuff could start falling as early as Friday and continue over the weekend, according to Environment Canada. Up to 4 cm could settle on Metro Vancouver streets by Saturday, according to the forecast.

"We are doing our best to prepare for this and to make sure we go into this one as prepared as humanely possible," said Mayor Gregor Robertson. "I think people have endured enough of winter but we're going to get another wave here in the days ahead."

Crews are already preparing major roadways for the weather, said Jerry Dobrovolny, general manager of engineering for the City of Vancouver.

"We have been preparing the fleet. We've got over 40 pieces of equipment ready to go," he said.

"We've been brining the streets so there is a good layer of brine and salt on the streets."

The city spent a little over $3 million dollars on snow-related costs in December last year, Dobrovolny said. That figure will continue to go up this season given the damage some roads have suffered, he added. But he reminded residents that they are responsible for salting and shovelling their own sidewalks.

The mayor assured reporters at a press conference Wednesday that he would be in town this weekend to weather the storm with his fellow Vancouverites.

"I am here this weekend," he said, responding to criticism that he was on vacation in Mexico during the last cold snap.

WANYEE LI/METRO

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HUDSON'S BAY

New Democrats unveil climate plan

POLITICS

It features 2030 emissions target, carbon tax rebates

Matt Kieltyka
Metro | Vancouver

British Columbia New Democratic Party leader John Horgan has promised to set 2030 emissions targets and expand carbon tax rebates if his party wins the upcoming election.

Horgan unveiled the NDP's climate plan Thursday, which is largely based on the work of the government's B.C. Climate Leadership Team, which was tasked to guide Premier Christy Clark and the BC Liberals through its new climate plan only to see many recommendations ignored.

Horgan said his party would stick to a 2030 emissions reduction target of 40 per cent (compared to 2007 levels, though the number may be tinkered with leading up to the election) and gradually increase B.C.'s carbon tax over three years (in increments of $6 per tonne, $7 and $7) starting in 2020 to comply with federal requirements.

To offset the burden on taxpayers, Horgan said he would expand existing carbon tax rebates to approximately 80 per cent of families (double the people eligible for it now) and take all additional revenues from the tax and invest it into green initiatives.

"We've got a problem in British Columbia. Carbon pollution has been going up, not down," Horgan said. "We can't afford another decade of worsening carbon pollution. We need to take action. The only measure of a successful plan is the reduction of overall emissions. It's not happening under the BC Liberals' plan."

Clark released the province's climate plan last August, ruling out any increase to the $30 per tonne carbon tax at the time (before Prime Minister Justin Trudeau announced plans for a national $50 per tonne tax) and introducing measures that experts said would only take B.C. halfway to its 2050 emission reduction goal of 80 per cent.

Federal data shows that B.C.'s emissions have dipped only slightly since 2006 (63 megatonnes in 2014, from 65) and that it is on track to miss its target of reducing emissions 33 per cent by 2020.

According to think-tank Clean Energy Canada, carbon pollution from LNG, natural gas, industry and utilities, transportation and buildings is projected to hit 68 million tonnes by 2030 under B.C.'s current plan.

MYSTERY

Parked police car raises questions

Jen St. Denis
Metro | Vancouver

Far away from police headquarters, and nowhere near a doughnut shop, a police car that has been parked on an East Vancouver residential street for months has become something of a mystery to residents.

A Feb. 1 post on the Vancouver Reddit forum asked whether others have noticed the stationary cruiser:

"My wife and I noticed a VPD car parked on Wall Street in East Van around the end of November. Then it snowed and the car sat there and no one ever came and brushed it off. It's now the end of January and I saw the car still there this morning," writes a poster going by the user name Silentnine.

"This isn't the only VPD vehicle around that we have seen parked for weeks in various East Van neighbourhoods, but it's the only one I've been keeping track of. I was wondering if anyone knew what was up or if they also have an abandoned VPD cruiser on their street."

Hastings Sunrise resident Greg Andrews, who bikes down Wall Street regularly, told Metro he noticed the car, parked near Oxford Park, at the beginning of January when the snow made it pretty obvious the car wasn't going anywhere. Someone drew a smiley face in the snow; a Feb. 1 photo shows bird droppings on the window.

Other Reddit users wrote about their own experiences and some speculated that the abandoned cars are there for general crime deterrence. Others wondered whether the cars are used by police on foot or bike when they "need a car to jump in, almost like a police Car2Go."

Andrews is a bit sceptical of those theories, but he has an explanation of his own. In 2013 the Vancouver Police Department upgraded its cars from the familiar white Ford Crown Victorias to more Dodge Chargers.

"The joking theory I've told my friends when I've pointed it out is that no one wants to drive the old Crown Victorias anymore," he said.

Metro contacted the VPD for an explanation, but did not receive a response by press time.

Hastings Sunrise resident Greg Andrews snapped this picture of a police car on Wall Street that has occupied the same parking spot for months. GREG ANDREWS/CONTRIBUTED

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SMALL BUSINESS

City pushes province for split assessments

Wanyee Li
Metro | Vancouver

The City of Vancouver launched a new support centre for small businesses at a press conference Wednesday but the mayor admitted the centre could not directly help business owners who are struggling to keep up with dramatic property tax increases.

Property tax rates are based on property assessments, done by BC Assessments, and many Vancouver businesses have been hit hard with values going up by as much as 300 per cent in some neighbourhoods.

Vancouver Mayor Gregor Robertson said he has called on the provincial government in recent years for changes to how BC Assessment values the land small businesses sit on.

"We will continue to press hard for improvements to the assessment system so that it is fair and it isn't punitive particularly for small businesses in a location where assessments have gone up (through) the roof," he said.

One proposal floating around is the idea of 'split assessments' where the air space above a building — where future condos could be built — is assessed at the lower residential property tax rate. That's one policy that could help small businesses immensely, property tax expert, Paul Sullivan, told Metro.

Gregor says the city has been pushing for that very policy with the B.C. government.

"In these recent years we have pushed hard for split assessments to try and mitigate the impact for those small businesses, particularly in those areas where assessments are going up dramatically fast."

In the meantime, the city is working on maintaining the supply of industrial and commercial land to ensure rents are not escalating due to lack of job or retail space, he said.

WITH FILES FROM JEN ST. DENIS

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SkyTrain passengers disembark at Waterfront station.
JENNIFER GAUTHIER/METRO

Fares up for discussion

TRANSIT

TransLink open to public feedback on pay structure

Matt Kieltyka
Metro | Vancouver

Don't miss the bus as transit fares are up for discussion in Metro Vancouver.

This week, TransLink launched the second phase of its three-year Transit Fare Review process, asking the public how it feels about a number of possible fare structures that include distance-based fares, charging based by travel time or pricing based on type of service (bus, SkyTrain, SeaBus, etc.).

A discussion guide looking at fare models throughout the world and possible options for Vancouver is up on TransLink's website, allowing people to comment up to Feb. 17.

TransLink spokesperson Chris Bryan said the three fare concepts (distance, time and service type) were a result of feedback the transit authority got from nearly 30,000 people during phase one late last year.

But the final model TransLink ultimately recommends in 2018 could be a combination of the three or something completely different, based on feedback from the public and input from technical experts.

"We'll boil that down into three to five packages that actually say, 'this is how the fare system could work' [in phase three]," said Bryan.

TransLink's current three-zone fare system is more than 30 years old and is outdated, Bryan said.

With the full integration of the Compass card system — and all the user data that comes with it — TransLink believes the fare structure is ready for a reboot.

"We have a tool (Compass) that can help us really understand exactly the way people are travelling. We have the ability now to create a system that can be very responsive," he said. "There has been some tinkering over the years but this is the first time we've taken a real, comprehensive look. Which is why we're taking two years to talk to the public and think really deeply about it."

By far the biggest complaint to emerge from the first phase of the review was zone boundaries.

Bryan said there seems to be a lot of support for a distance-based fare structure based on people's frustrations with the current system.

"If you cross one zone but take maybe one stop on the SkyTrain, you're paying for two zones when someone else can cross all of Vancouver and pay a single fare," he said. "That's always been something people have complained about, that's been an issue for years and, from phase one, that was the single biggest response."

The third phase, where TransLink will publicly float specific fare systems, is expected later this year.

VANCOUVERING

Immersive, indigenous tourism

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

Paddling up mountain-encircled inlets in long canoes, drums keeping time, voices rising and falling; feasting on homemade bannock and roasted bison at a First Nations-run restaurant; spending the night at a hotel featuring fair trade Indigenous art, and a rooftop sweat lodge. Indigenous tourism offers a chance to explore the city through a rich cultural and historical lens.

"We are definitely seeing an increase in Aboriginal tourism," said Paula Amos, manager of regional initiatives and communications at Aboriginal Tourism B.C.

She cites a multitude of local First Nations tourist destinations, including the Bill Reid Art Gallery, restaurant Salmon n' Bannock, cultural and ecotour company Talaysay Tours, canoe and kayak cultural tour company Takaya Tours and Skwachays Lodge, a hotel and Indigenous artists' residence.

"Our research says that one in four B.C. visitors is looking for an Aboriginal experience," said Amos. People yearn for an "immersive, transformative experience." Aboriginal Tourism B.C. aims to educate visitors and help make developing businesses market ready.

"There is a lot to explore and think about," said Amos, adding that the organization wants to raise locals' awareness of the rich cultural diversity in their own backyard.

Dennis Thomas, business development manager for Takaya Tours, an ecotourism company, described their tours as "a very unique cultural experience."

They offer canoe and kayak expeditions in the waters just off Vancouver; participants learn about Indigenous culture as they paddle up scenic Indian Arm, listening to traditional songs and stories.

Tourists paddle up Indian Arm on a canoe with Takaya Tours. SUBMITTED

For Thomas, the experience of sharing his culture helps him feel more balanced in his urban life, and brings him closer to his roots.

"I can sing my songs and hear the history of my people. It enriches me in a different way," he said. A member of the Tsleil-Waututh Nation, he notes, "I love my job. It connects me to my ancestors."

Takaya Tours' demographic includes a wide variety of school groups wanting to learn about Indigenous culture and international visitors from all over the globe. Corporate and custom tours are popular too, offering guests the "capacity to learn, and hands-on experience– team building while learning about First Nations' history and culture," said Thomas.

His own favourite tour is the multi-day, overnight program, which takes participants from a populated area into the remote wilderness of Indian Arm, surrounded by nature, "like it used to be 1,000 years ago."

CHOCAHOLIC'S DREAM

FOOD NOTES

Abby Wiseman
For Metro

At Lisalou's Chocolate Bar, the woman behind the counter said something that resonated: "I wanted life to be delicious, so I became a chocolatier."

Wanting life to be delicious is an undertaking we should all pursue, and trying Lisalou's beautiful chocolate's moved me one step closer to that goal.

Lisa Gardin is a pastry chef-turned-chocolatier who learned the craft from Vancouver chocolate maker Thomas Haas. She spent much of her 15-year career abroad. She opened Lisalou's — a nickname her father gave her — at 1007 Main St.

The most eye-catching products in her shop are her selection of chocolate bars, many named after people she knows.

A sucker for lemon, I tried the Lily vegan bar ($5) made with lemon, rice crisps and coconut. I loved the texture.

After the chocolate bar I moved on to the truffles. They looked like paintings with a brush of gold here and a drizzle of pink there.

A box of 18 truffles ($27) from Lisalou's Chocolate Bar. ABBY WISEMAN/METRO

First up was the passionfruit truffle. Getting a mouthful of the bright, tropical fruit mixed with the dark chocolate shell, sent my taste buds soaring. If I'm given a box of chocolates, I usually leave the orange and raspberries ones. I just don't like them. Lisalou's has changed my mind. I can now say I like raspberry and mandarin chocolate, at least I like hers.

Not all chocolate is equal, and Lisalou's reminded me how vast the gap is between good chocolate and mass produced candy chocolate. Good chocolate will satisfy you after one or two. Good chocolate will make your life a little more delicious.

HUDSON'S BAY

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If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:

www.autolightclaims.ca

A Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. This Settlement has been approved by the Courts and will provide benefits to purchasers of the following "Covered Products":

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules	SilverStar, XtraVision, or Cool Blue sealed beam headlights	SilverStar fog or auxiliary lights

ARE YOU INCLUDED?
You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

WHAT IS THIS CASE ABOUT?
The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. ("Sylvania") misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?
A Settlement Amount of not less than CDN $1,150,000 (the "Settlement Fund Minimum") and not more than CDN $1,750,000 (the "Settlement Cap Maximum") is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at **www.autolightclaims.ca**.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?
Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsule	$12.00	$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	$12.00	$24.00
SilverStar fog or auxiliary lights	$12.00	$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued[1], so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant's Compensation will be reduced on a *pro-rata basis*.

HOW DO I ASK FOR A PAYMENT?
To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail sent no later than **May 4, 2017**. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

WHEN SHOULD I MAKE A CLAIM?
Immediately - the Claim Form is already available on the Settlement Website at **www.autolightclaims.ca** or you can obtain one by contacting the Claims Administrator at **1-855-745-7374**. You should act as quickly as possible, a Claim Deadline has been set for **May 4, 2017**.

WHAT HAVE THE COURTS DECIDED?
The Ontario Superior Court of Justice and the Superior Court of Québec have approved the Settlement as fair, reasonable and in the best interests of Class Members. The Courts have also approved a request from Class Counsel for counsel fees, disbursements and taxes, as well as, honorarium payments to the Representative Plaintiffs.

WHAT ARE YOUR OPTIONS?
If you are a Class Member, you may (1) send in a Claim Form; (2) exclude yourself (Opt-Out); or (3) do nothing.

If you don't want to be legally bound by the settlement, you must opt-out. To do so, you must complete and submit an Opt-Out Form to the Claims Administrator by no later than **March 20, 2017**. The manner in which you opt-out is available on the form found on the Settlement Website. Residents of Québec must in addition give notice to the Clerk of the Superior Court of Québec. Anyone who opts out will not be bound by the Settlement Agreement and will not be eligible to claim benefits under the Agreement, but may be eligible to pursue an individual claim.

WHEN WILL I BE PAID?
Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on July 3, 2017.

HOW CAN I GET MORE INFORMATION?
This Notice summarizes the proposed Settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement and detailed information on how to obtain or file a Claim or Opt-Out on the Settlement Website at **www.autolightclaims.ca**. For any other information, please call the Claims Administrator at:

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Tel: **1-855-745-7374**
Email: **info@autolightclaims.ca**

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Montréal, Québec H2L 4C3
agrass@clg.org

[1]less the withholding owing to the *Fonds d'aide aux recours collectifs* (for Quebec residents only and if applicable).

This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.

Buy the (lottery) ticket, take the ride

THE BIG SQUEEZE

You can't win if you don't play

Graeme McRanor
For Metro

Never been much of a gambler, at least in the literal sense of the word, though I'll occasionally buy a lottery ticket if the jackpot hits $50 million.

Never won more than two bucks. Which is why I'm pecking at a keyboard in Kerrisdale instead of pounding back bespoke cocktails on a private island in Polynesia.

This does not bode well for my eight-year-old son, who already has strong views on wealth and employment.

To wit: he wants to be rich, but isn't keen on getting a job.

Like, ever.

This is why, as a lark, I stuffed a pair of Set for Life lottery tickets into his Christmas stocking.

I know what you're thinking; but I'm a glass-half-full kind of guy, so instead of warning him on the dangers of gambling I asked him what he'd do if he won.

"How much will I get?"

"Well, you can win $1,000 every week for 25 years," I said. "Or you can take a one-time payment of $675,000."

"That's a lot of money!"

"And it's tax-free."

"What does that mean?"

"Well, when I get my pay cheques every two weeks, I have to give a percentage of what I earn to the government. It's called income tax. It pays for things like national defence, health care and the police."

"Oh, man," he said. "I hate taxes."

"Me too, pal. But good news: You don't have a job."

"And I'm going to win Set for Life."

"Sure. But there's some bad news, too. You're too young to gamble. The rules say you have to be 19 or older."

"So I'm not too young to gamble," he said. "I'm too young to collect the winnings."

"Don't worry," I said. "You scratch; I'll collect the winnings."

"That's not fair. What's the point of playing if I never win anything?"

A life lesson brought to you by dad.

Optimism: It's in the jeans. GRAEME MCRANOR/FOR METRO

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Dwindling dialect makes a comeback

INDIGENOUS STORIES

Applications are open to learn Squamish at SFU

Cara McKenna
For Metro

Khelsilem, 27, teaches Indigenous language immersion at Simon Fraser's downtown campus.
CARA MCKENNA/FOR METRO

It wasn't long ago that less than 10 people fluently spoke the Squamish language, an Indigenous dialect spoken for thousands of years in what's become Vancouver.

Now, as the first year of a language immersion program at Simon Fraser University reaches its end, people are starting to notice the once seldom-heard language pop up in unexpected places.

"(My students) have been telling me about interesting experiences they've had where they've been on the bus, talking Squamish with each other, and people have been very confused about what language they're speaking," said Khelsilem, who teaches the language at SFU's downtown campus.

"We've all probably heard people speaking Arabic, or Farsi or Cantonese or Mandarin or what have you ... on the SkyTrain or on the bus, but very few people have heard our language spoken that way."

Last September, when SFU admitted 15 students to the Squamish Language Certificate program, many of them only knew a few words of the dialect.

Those students have since been in full-time immersion and Khelsilem, 27, said they can now hold conversations, post to Facebook or even tease one another in Squamish.

"I wanted to see our people being able to speak our language as an actual language," he said. "To be able to joke in the language and laugh in the language and be able to express emotions in the language. And we're getting there."

> **For me it's a big act of decolonizing my life.**
> Kweegay Iiwaans

SFU is currently accepting applications for next year and will be admitting a new set of up to 15 language learners. The goal is to eventually create a new generation of fluent speakers.

On Monday night, several youth from Squamish Nation gathered at SFU for an information session about the program, which is offered in partnership with the non-profit Kwi Awt Stelmexw.

Kweegay Iiwaans, who attended the session, said she wants to become fluent in Squamish in order to connect back to her community, and to create art such as comic books in the language.

"For me it's a big act of decolonizing my life," she said. "That's a big aspect of why I want to do it."

Khelsilem, who became conversant in Squamish years ago by learning from a relative, said he is hopeful that language resources within the community will keep growing.

"My goal for my language is to have at least 10 per cent of the community being first language speakers. ... I think this program is the start of that," he said.

"I think that Canada is far more interesting with thriving Indigenous languages than it is without."

The Squamish language program is hosting a second information session at SFU's downtown campus this Saturday at 2 p.m. before its application deadline closes on Feb. 13.

The faces of love

Immigrants and refugees tell Metro what they love about Canada, and how to spread love across the world. METRO

Halifax's Abdalah Ahmad Al Ahmad

1 SYRIA - ABDALAH AHMAD AL AHMAD

Syrian refugee Abdalah Ahmad Al Ahmad arrived in Halifax with his wife and five kids last February. Their children had no access to schooling for the almost four years they stayed in Lebanon, so they were "thrilled" to come to Canada.

When asked about how to best spread the love during troubled times, Al Ahmad pauses and smiles. The best way to spread more love, he believes, is for Canadians to just keep doing what they're doing.

"Keep doing exactly what you're doing now. The most beautiful thing I noticed here in Canada is whenever you look at anyone you always find a smile on their faces... Just do that."

2 YEMEN - OMAR AL-EMRANI

Calgary's Omar Al-Emrani

A decade has passed since Omar Al-Emrani left his home in Yemen after being offered an engineering scholarship at the University of Calgary.

Just one year into his new life in Canada, a 19-year-old Al-Emrani took a friend up on the strange offer to hitchhike to Vancouver.

"Along the way we were picked up by four different people," he said.

"I was always curious to ask them — why? Why would you pick people up? But they all shared one thing: their eagerness and interest to learn about different people and different cultures and just sharing the love for humanity."

In the end he got to know the country he now considers "home."

Winnipeg's Hani Al-Ubeady

3 IRAQ - HANI AL-UBEADY

Hani Al-Ubeady left Iraq 26 years ago to find the personal freedom and peace he says he now has in Canada.

"I chose Canada, and I think it was based on a gut feeling. Canada is a country of immigrants, built by immigrants," he said. "It's a country I can belong to."

Al-Ubeady said he started a new life when he came to Canada. It's now his home — a place where he could pursue his goals without persecution.

"It is our country without any hesitation," he said. "Canada is an inclusive society with a few incidents. Now, I have children born here. They are proud to be here... We won't let hate shake us down."

4 SUDAN - YOUSIF MAKKAWI

Ottawa's Yousif Makkawi

The way to spread more love in the world is for people to think of themselves as individuals, and not as members of a country or race. That's the advice of Yousif Makkawi, winner of the 2016 Outstanding Volunteer Award from the Ottawa Regional Cancer Foundation, director of the Sudanese-Canadian Association of Ottawa and member of the African Canadian Association of Ottawa.

Asked how to spread more love in, he said, "(People) should think of themselves as who they are. ... You don't say, 'I am Sudanese,' or 'I am Canadian.' I am Yousif, and I love everybody."

5 IRAN - GOLSA GOLESTANEH

Vancouver's Golsa Golestaneh

Golsa Golestaneh, 19, came to Vancouver in 2012 with her family, as government-assisted refugees. They fled from Iran, where her politically active parents were persecuted after mass protests in 2009.

"If they were arrested again, they would probably not survive," she said.

What carried Golestaneh through their escape was "love," she said, which she found in refugees' openness and understanding for others."As a refugee, love is the basis of our society," she said.

Now, "love," to her, "looks like community."

6 SOMALIA - OSMAN ALI

Toronto's Osman Ali

As a 20-year-old refugee arriving from Somalia in 1978, Osman Ali thought nothing was going to be easy. He had nothing, and he knew no one in the country. But he was amazed at how friendly and welcoming people were. "It was easy to fall in love with Canada," he said. "You couldn't have wished to live anywhere else."

As he went through the immigration process, and later studied and started his own family, he continued to appreciate the country's multiculturalism and the sense of diversity he sees. "Canada is you and me. That's really what I like."

7 LIBYA - EIMAN ZARRUG

Toronto's Eiman Zarrug

Her parents left Tripoli when she was only four months old, and Eiman Zarrug lived in London, England, before coming to Canada when she was eight.

"The difference was like night and day," she said, remembering being fascinated by the ability to find Ethiopian food or a Chinese restaurant. While her background made it a challenge to "fit in" in Europe, it felt like an advantage in Canada. "Being different was comforting," she said. "If you ask me where I'm from I'll tell you that I'm Canadian before going into details of what's written on my passport."

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'We won't forget'

MOSQUE KILLINGS

At funeral for shooting victims, PM urges solidarity

Mourners pray during a funeral ceremony for three of the victims of the deadly shooting at the Quebec Islamic Cultural Centre, in Montreal on Thursday. AFP/GETTY IMAGES

A brutal massacre at a Quebec City mosque has left Canada reeling in shock but also unified the country in solidarity with Muslims, Prime Minister Justin Trudeau said at a funeral service Thursday for three of the six victims.

"It is with a heavy heart that we come together this afternoon to grieve the loss of these innocent lives," he told the solemn crowd. "But as a community and as a country, together we will rise from this darkness stronger and more unified than ever before — that is who we are."

Abdelkrim Hassane, Khaled Belkacemi and Aboubaker Thabti were devoted fathers who worked hard to ensure their families had a bright future, a dream Canadians across the country have known and shared for generations, Trudeau said.

Several thousand mourners packed the Maurice-Richard Arena to pay their respects to the three men, whose caskets were draped in wreaths and the flags of their homelands.

Thabti, 44, was a pharmacist of Tunisian origin who had three children; Belkacemi, a 60-year-old father of two, was from Algeria and was a professor at Universite Laval; and Hassane, 41, was from Algeria. He was a father of three and worked in information technology for the provincial government. There were also prayers at the service for the three other victims: Azzeddine Soufiane, Mamadou Tanou Barry and Ibrahima Barry.

All six were fathers, "like me, like us," said Quebec Premier Philippe Couillard. "They were sons and brothers and uncles, like me, like us. Friends, coworkers, like us. They were us. They were loved, appreciated, respected, and they always will be. We won't forget them.

"I want to tell Muslim Quebecers: you're at home here, we are all Quebecers," he said to thunderous applause and cheers.

The support shown in the wake of the shooting shows "the Quebecois community is a unified community," said Mohamed Yangui, president of the Islamic Centre of Quebec, the targeted mosque. THE CANADIAN PRESS

IN BRIEF

Kouvalis leaves Leitch campaign
Nick Kouvalis, the campaign manager for Kellie Leitch, has resigned, calling himself a "distraction to the campaign." Kouvalis recently made headlines for calling a professor a "cuck," the short form for cuckold.
TORSTAR NEWS SERVICE

POLITICS O'LEARY POSTS GUN VIDEO ON DAY OF FUNERAL Conservative leadership candidate Kevin O'Leary's campaign team on Thursday re-circulated a months old video of him at an American shooting range. YOUTUBE

150 ways of looking at Canada

POSTCARD #3

FOX HARB'R, N.S.

I VISITED A VERY SPECIAL PLACE, FOX HARB'R, NOVA SCOTIA, IN JUNE 2016. I WAS SURROUNDED BY THE POWERFUL OCEAN AND A BEAUTIFUL RESORT, BUT I ALSO HAPPENED TO DISCOVER THIS STUNNING LIGHTHOUSE WHEN I WENT WALKING. IT'S PROBABLY THE MOST SPECTACULAR SCENE FROM MY TREKS ACROSS CANADA. **LESLEY-ANNE SCORGIE, TORONTO**

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Americans divided over sanctuary cities

GOVERNMENT

Executive order is threat to funding

Donald Trump's promised crackdown on "sanctuary cities" has revealed the deep divide on immigration in liberal and conservative states, with some moving to follow his order and others breaking with the U.S. government to protect immigrants in the country illegally.

In Texas, Republican lawmakers pushed to deny money to cities with the policies on Thursday as demonstrators disrupted a hearing several times. Another U.S.-Mexico border state, California, is moving in the opposite direction by advancing a statewide sanctuary that would prohibit law enforcement in the nation's most populated state from cooperating with federal immigration authorities.

A woman protests during an anti-Trump rally in Miami on Jan. 31. THE ASSOCIATED PRESS

Trump's recent executive orders threatening to withhold federal funding from communities with sanctuary policies and calling for a border wall have produced widespread protests and fears that more immigration restrictions are in the future. The president's supporters have hailed the efforts.

Cities have mostly taken up sanctuary laws. There's no official definition, but often they tell police not to inquire about the immigration status of those they arrest or they decline requests from immigration officials to keep defendants in custody while they await deportation.

Phoenix leaders will consider a petition next month to adopt the policies.

On the state level, California would not be the first to block police from enforcing federal immigration law. Oregon pioneered statewide sanctuary in 1987, when immigrant workers and their families were sometimes housed in appalling conditions despite their importance to agricultural profits.

Oregon Gov. Kate Brown said she will enforce the law that prohibits police from detaining people who are in the U.S. illegally but have not broken other laws. She ordered all state agencies, not just law enforcement, on Thursday to follow the policy.

"They mow our lawns. They pick our grapes," Brown said last week. "They take care of our children and they take care of our seniors, and I want to make sure they feel welcome in Oregon." THE ASSOCIATED PRESS

REFUGEES

Trump 'disappointed' in deal with Australia

The White House deepened its condemnation of an Obama administration refugee deal with Australia Thursday, saying President Donald Trump was "unbelievably disappointed" in the agreement.

Asked whether the deal would continue, Trump said, "We'll see what happens." However, Australian Prime Minister Malcolm Turnbull told Australians that the American president has committed to following through with the agreement to allow mostly Muslim refugees to resettle in the United States.

The agreement was a source of friction during a recent phone call between Trump and Turnbull, according to an administration official. The call ended after less than 30 minutes, well earlier than scheduled, though the official disputed reports that Trump hung up on the prime minister. The U.S. official was not authorized to publicly discuss the conversation and spoke on condition of anonymity.

The Obama administration agreed to resettle refugees from among about 1,600 asylum-seekers. Australia has refused to accept them and instead pays for them to be housed on the impoverished islands.

The White House suggested Thursday that the agreement would continue, but provided no details. THE ASSOCIATED PRESS

NEW YORK CITY

Yemenis close up shop
Hundreds of ethnic Yemenis who run New York City bodegas and neighbourhood delis closed shop Thursday in protest of President Donald Trump's travel ban on people from seven Muslim-majority countries. The shops were locked at noon and were to remain shuttered until 8 p.m., according to organizers of a late afternoon rally in downtown Brooklyn. At least 1,000 Yemeni-run small businesses are a part of many New Yorkers' daily lives. THE ASSOCIATED PRESS

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metro VIEWS
WAGE LOVE! A special edition
Weekend, February 3-5, 2017

VICKY MOCHAMA ON LOVE AND APOLOGIES

The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy.

On Wednesday, Joël Lightbound, Liberal MP for Louis-Hébert, apologized to the families of the six men murdered in Quebec and to the Muslim community in Canada. "For the past few years, I have observed their ostracization and their stigmatization; having seen root in the hearts of my fellow men, fear, mistrust and hatred," he said. "I have done my best to answer them, but I have not done enough."

Many more apologies are owed. The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy, and their faithful citizenship has been rewarded with a cruel lack of loyalty.

During the 2015 federal election, the Conservative leadership used Muslims as a ploy for getting votes. Then-Prime Minister Stephen Harper repeatedly said that a majority of Canadians supported his government's ban on women wearing face-coverings like the niqab during citizenship ceremonies. When a Federal Court of Appeals struck down the ban, the Harper campaign vowed that if re-elected, they would introduce legislation that prohibited the niqab during the ceremonies.

Stephen Harper, then the leader of the nation and his party, owes the Muslim community an apology. He must especially ask the pardon of Muslim women: He used his platform to cheapen their desire to be citizens of this country, and to delegitimize their presence here.

That strain of calculated Islamophobia didn't go away with the party's electoral loss. No, it has instead resurfaced in a more diffuse and dangerous way. The Islamophobia that has been bubbling up since 9/11 has resulted in a twofold increase in hate crimes against Muslims from 2013 to 2016.

THE CANADIAN PRESS

SAY YOU'RE SORRY The media, a former prime minister, a current Conservative candidate and the Rebel's Ezra Levant all owe Canadian Muslims an apology, Vicky Mochama writes. CLOCKWISE FROM TOP LEFT: LIAM RICHARDS/THE CANADIAN PRESS, TWITTER, VIDEO SCREENCAP, JEFF MCINTOSH/THE CANADIAN PRESS

Perhaps it is that violent streak that has emboldened so many. Instead of backing down from dog-whistle politics, so many public figures have embraced it.

Having cried tears after her promotion of the Barbaric Cultural Practices Act, Kellie Leitch is now running for leader of the Conservative party on a platform of "Canadian values" – a vague notion that is transparent in its dog-whistling. A competitor, Steven Blaney, has made banning the niqab for public service employees a central piece of his platform. The right-wing media site, The Rebel, and its main personalities (Ezra Levant, Faith Goldy, Lauren Southern, to name a few) have made dangerous sport of Canada's Muslims. The media, too, owes Muslims an apology.

Moreover, a troubling pattern of only speaking to Muslim life when it relates to incidents of terrorism has emerged. In the most recent egregious instance of conflating Islam with terrorism, the Canadian Press published a story about a "report" that claimed mosques were hotbeds for terror. Except the authors had done little research besides walk around mosques.

In this moment of grief, the press, politicians, and public personalities should, like Lightbound, seek the forgiveness of the nation's Muslim communities. The public too is entirely culpable; allowing leaders to capitalize on fears of danger only creates a more dangerous world.

As I watched the funeral of three of the murdered North African Muslim men in Montreal on Thursday, I was struck by many moments, but specifically, by one call-and-response: "Vive Le Quebec. Vive Le Canada."

Even in sorrow, the community embraced those places that had not equally embraced them. For that, we all owe an apology.

ROSEMARY WESTWOOD

Love is the only way we can fight the rise of a hateful president

Just call him Donald J. Trump, purveyor of love. A man who's quick to note how much he loves "the poorly educated," "Israel and the Jewish people," "Hispanics," "the coal miners," and, of course, America (circa the time when it was "great").

As for the love he's inspired in his supporters, some of it was courted, including from anti-abortion activists and evangelical voters who will love his Supreme Court nominee, Neil Gorsuch; and from those thrilled by his executive order on immigration, which relates to his promise to institute a Muslim ban; and from Wall Street, where hearts no doubt swelled at his promised dismantling of Dodd-Frank (the act instituted post-2008 to prevent a similar economic collapse by restricting risky lending by banks).

But Trump's also the founder of a new, national (even international) love-in he did not seek, and which he no doubt finds irritating: The motto Love Trumps Hate, which found a second wind as the de facto operating procedure of the left.

Love, in America, is trumping Trump's presidency. Those who came out in historic numbers for the Women's March, for example, proved that unattractive pink hats have actually no impact on the seriousness or longevity of a movement's activism. All that love for a variety of marginalized groups, expressed in hundreds of marches, has fuelled organized phone-call campaigns to pressure senators to stop the confirmation of Trump's cabinet picks. And in a new poll, 40 per cent of Democratic women say they are committed to being more politically active (just 27 per cent of Democratic men).

Protesters who've swarmed U.S. airports showing love for refugees and immigrants have forced Trump's administration to walk back some aspects of his executive order, and led to the heartwarming image of Jewish and Muslim families protesting side by side, with one child holding an actual "love" sign.

Arguing that it is women, in particular, who are trumping Trump's presidency, journalist Rebecca Traister wrote, "It takes a Villain" to unify and galvanize the left. But it also takes love. Love is how you know what to fight for. Love is what you seek when you stand with others and stand up for your beliefs. Love is the antidote of fear. It is sustenance for any resistance. This is not a revelation: It's been learned by people in dangerous times for centuries.

Still, love gets a rather gushy rap. In masculine cultures, it's been demoted to the feminine, deemed flimsy and passive, a beta emotion, a feeling without much muscle, or strength. But its power is now on full display in the U.S., thanks to the new president. And love poses the biggest threat to his administration.

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When the camera never lies

Hollywood is gearing up for one of the most outspoken Academy Awards ceremonies in living memory. No matter how vociferous and viral Meryl Streep and Co. are likely to be, the real seeds of change are to be found in the best documentary category. This year's list includes blistering explorations of America's relationship with race — 13th and I Am Not Your Negro — as well as Fire At Sea, Gianfranco Rosi's visceral chronicling of the migrant crisis in the Mediterranean. "Documentaries are the first line of education," said Steven Spielberg. Here are five documentaries that educated and, ultimately, made a difference in the world: **JOE CALLAGHAN** METRO

Blackfish

The death of an orca kept in captivity for 33 years made global headline news last month because this wasn't just any orca. The story of Tilikum, his involvement in the deaths of three individuals and the culture of capturing and breeding killer whales at Seaworld and elsewhere changed the aquarium/animal theme park industry worldwide. As Gabriela Cowperthwaite's documentary was given fresh impetus on Netflix, SeaWorld announced last year that it will end breeding, training and performing in favor of a conservation programs.

AND ANOTHER THAT SHOULDN'T BE MISSED

Sharkwater's impact still being felt

While the thoughts of many Canadians are with missing diver Rob Stewart's family this week (rescue efforts were still underway as of press time Thursday), we would be remiss not to include his film on this list. Stewart's ground-breaking 2006 documentary **Sharkwater** is widely seen as one of the most pivotal pieces of conservation filmmaking ever produced. The myth-destroying work led to the creation of a raft of new conservation measures and directly led to shark finning being banned almost worldwide six years later.

The Thin Blue Line

While the wild popularity of Making A Murderer reignited fascination in true crime TV, the original trailblazer came on the big screen in the late '80s. Filmmaker Errol Morris set out to convince the world that Randall Adams had been framed and wrongly sent to death row for a murder he didn't commit. Thanks to the director's pioneering interview style and painstaking reenactments, he achieved his goal. Adams was freed and exonerated after the doc's release.

Super Size Me

Did any image put you off a Big Mac quicker than Morgan Spurlock spewing out his car window after one Happy Meal too many? The creator's cholesterol-tastic month on the Mc-Diet ended with him having heart palpitations but gave the fast food industry even more of a scare. Just six weeks after release, McDonald's discontinued the Super Size option and began a roll-out of healthier items. The fight against obesity goes on but Spurlock made us all a little more Mc-wary.

Why We Fight

If Leni Riefenstahl's 1935 Nazi propaganda masterpiece Triumph of Will helped Hitler's wave of German nationalism rise all the way into World War II, Why We Fight turned the tide of the conflict. The seven-part series, largely helmed by Frank Capra, convinced Americans of the importance of their country's belated involvement in the war, winning an Oscar along the way.

Bowling For Columbine

Michael Moore's devastating delve into the country's unquestioning marriage to the gun was a starting point for the era of the American Idiot, as the U.S.'s global reputation took a nosedive. Moore was awarded an Oscar mere nights after George Bush had signalled the beginning of the invasion of Iraq, being booed from the stage as he blasted the doomed effort.

Understanding the confusion we're in

INTERVIEW

I Am Not Your Negro gives fresh voice to James Baldwin

The key to the production of I Am Not Your Negro came when director Raoul Peck was given an unfinished copy of Remember This House, the book James Baldwin (right) was working on at the time of his death in which he was stitching together reflections on assassinated civil rights leaders Macolm X (left) and Martin Luther King Jr (centre) as well as Medgar Evers. SUPPLIED

One of the surest ways to see the power and relevance of James Baldwin's words today would be to look at some of the signs of recent protesters. "If I love you I must make you conscious of things you do not see," read one. "The only way to be really despicable is to be contemptuous of other people's pain," read another.

Or you could see Raoul Peck's urgent and clarion documentary I Am Not Your Negro. It resurrects Baldwin's words — his eloquent poetry of injustice — with the same fire with which they were blazed. Peck's film, which is nominated for best documentary at the Academy Awards, bears no talking heads. There's no analysis of Baldwin's influence in literature or interpretation of his politics. But there is his voice: clear, direct and piercingly prescient.

"I wanted the confrontation to be direct from his words, to the audience," Peck, who shares his screenwriting credit with Baldwin, said. "I was the messenger."

It took Peck, the Haitian-born filmmaker of Sometimes in April, years to find the right avenue into Baldwin for I Am Not Your Negro, which opens in theatres Friday. A great responsibility hung over the decade-long endeavour, Peck says, to bring Baldwin to the forefront.

"I read Baldwin as a teenager and his writing never left me," said Peck. "His writing structured the man I am today and the filmmaker I am today. I wanted to make sure the next generation had access to Baldwin."

Peck was welcomed by Baldwin's estate, which is managed by Baldwin's younger sister, Gloria Karefa-Smart. But the key to the film only emerged when Karefa-Smart gave Peck the pages of Remember This House, which Baldwin completed 30 pages of before his death in 1987 at age 63. The unfinished book was intended to stitch together reflections on three assassinated civil rights leaders: Malcolm X, Martin Luther King Jr. and Medgar Evers.

But I Am Not Your Negro isn't a time capsule. It's about today. Peck juxtaposes Baldwin's words with images of police brutality, the Black Lives Matter movement and other recent events. Other images flicker at times — John Wayne and Doris Day — that question the white picture of America promoted by Hollywood.

As he toiled, Peck found his film increasingly timely, a relevance that has only increased since the election. When the Ferguson protests grew, he sent a crew to document it.

"I knew how fundamental Baldwin's words were and I knew they were important to understand the confusion we were in," said Peck. "What I did not expect is that it would become so obvious and I would have so many examples and illustrations of what I was working on."

Aisha Karefa-Smart, Baldwin's niece, says Peck's film, which includes excerpts from the FBI's extensive file on Baldwin, was revelatory. "It made me understand my family more in terms of the hushed tones that people spoke in and the unspoken fears that permeated the household."

Baldwin is now widely taught in universities. The Library of America has published his essays, and stories with introductions from Toni Morrison. The James Baldwin Review was begun in 2015. When Chris Rock spoke at a Harlem church on Martin Luther King Day last year, shortly after a second-straight year of all-white acting nominees to the Oscars, he read My Dungeon Shook, Baldwin's letter to his nephew.

What many respond to in Baldwin is his searing directness, his willingness to confront the deep-seated ills of America. "The country's image of the Negro, which hasn't very much to do with the Negro, has never failed to reflect with a kind of frightening accuracy the state of mind of the country," he wrote in Nobody Knows My Name.

Peck believes his film is an intimate one intended to provoke the kind of personal inquiry demanded by Baldwin, who warned against "purposeful blindness."

"You cannot, whether you are white or black or Latino or whoever, you cannot come out of this film an innocent person," says Peck. "You know. You know all you need to know in order to face it, to react, to do something or not. As far as Baldwin is concerned, you have no excuse anymore. The elements, as he would say, are all on the table."

THE ASSOCIATED PRESS

metro TRAVEL
Your essential daily news

Miami's Little Havana placed on list of 'national treasures' in U.S.

When you'd rather stay home

Recent events south of the border — including the travel bans implemented by the Trump administration — have a number of Canadians re-thinking their travel plans. If you would rather keep your dollars north of the 49th parallel, here are some dynamic Canadian substitutes for well-known American destinations. **LOREN CHRISTIE/FOR METRO** ALL PHOTOS ISTOCK

U.S. location: San Francisco
Our equivalent: Vancouver
What you may miss in architectural charm you'll get back in spades from Vancouver's incredible natural beauty. While both of these temperate west-coast cities have vibrant Chinese communities with some of the best options for dim sum I've ever had, Vancouver's Granville Island is more charming than San Fran's overly touristy Fisherman's Wharf area.

U.S. location: Chicago
Our equivalent: Toronto
Toronto offers similar attractions to its sister lakefront city; an amazing aquarium, great sports teams and world-class museums, like the Aga Khan Museum of Islamic art and Muslim culture. While both cities offer distinct neighbourhoods for exploring, Toronto's renowned ethnic diversity allows for a wider variety of cultural experiences.

U.S. location: Washington
Our equivalent: Ottawa
Cancel that DC Trump hotel reservation and book at the Chateau Laurier, named after a Canadian prime minister well known for his policies of conciliation. Although many of the Smithsonian museums are free, so are several of our national museums provided you visit during certain times. With a slate of events planned all year long, this is the time to visit our capital.

U.S. location: New Orleans
Our equivalent: Quebec City
Offering distinctive architecture and French cultural heritage, Quebec edges out New Orleans for the title of the most European city in North America. Although Quebec City may not have the jazz scene that its southern sister does, the Quebec City Summer Festival running from July 6 through 16, 2017 will bring world class music to the La Vieille Capitale.

U.S. location: Boston
Our equivalent: Halifax
These coastal cities have long histories welcoming immigrants who laid the foundations of their countries. While Boston's historic North End is the spot for great Italian fare, Halifax's North End has become the city's most eclectic neighbourhood with a slew of hip eateries and bars. Forget the New England clam chowder and have a Nova Scotia lobster roll.

Walking in the footsteps of dinosaurs

TUMBLER RIDGE

B.C. had plenty of big beasts back in the day

Vawn Himmelsbach
For Torstar News Service

It's dusk, which in northern B.C. during the summertime means close to 10 p.m. We're hiking along a narrow path in the darkened woods, finding our way with headlamps.

As we approach the Wolverine River, our guide stops to examine a tree stump where an animal — a rather large animal — has been rooting around in the dirt.

"There's definitely been a bear here in the last 24 hours," Anthony Moreau-Coulson, a paramedic who volunteers at the Tumbler Ridge Dinosaur Discovery Gallery, says. He observes this matter-of-factly, without a trace of fear.

Indeed, none of the locals seem to concern themselves with bears; they shrug their shoulders and explain that in these parts, the bears are much more afraid of us than we are of them. Except for, perhaps, myself.

So why exactly are we trudging around in the woods late at night? We're dinosaur hunting. Well, track hunting, to be more precise, on a dinosaur footprint tour run by the Dinosaur Discovery Gallery.

Alberta gets all the attention for dinosaurs, but there were dinosaurs in B.C., too. Only three known tyrannosaur trackways have been discovered in the world and all three are in the Peace Region of B.C. It's also home to the only known brontosaur trackway in Canada.

We make our way onto a shelf of rock beside a rushing river, lit by the moon. It's difficult to see fossils during the day, when the sun in shining directly on them. But with low-angled lantern light, shapes start to emerge from the rocks.

And here, on this slab of rock, there are more than 80 fossils. As Moreau-Coulson positions his lantern at a strategic angle, it's easy to make out the footprint of an animal that is a heck of a lot bigger than a bear. This is a theropod footprint, he explains, from 94 million years ago.

It's difficult to see fossils during the day, when the sun in shining directly on them. But with low-angled lantern light, shapes start to emerge in the rocks. TUMBLER RIDGE GLOBAL GEOPARK

Northeastern B.C. was a hot spot for dinosaur activity, but it only gained the attention of the scientific community after dinosaur footprints were discovered in 2000 by two local boys. Now the region is also starting to get the attention of tourists.

In 2015, the region was officially recognized as a UNESCO Global Geopark, thanks to its 97-million-year-old dinosaur footprints and fossils — with more than 40 bone beds and track sites accessible through a network of hiking trails.

Back at the Peace Region Paleontology Research Centre, one of the lead paleontologists takes us through a set of doors with a staff-only sign.

"This is where the magic happens," Lisa Buckley says. She also serves as the centre's curator and collections manager when she's not out on a dig.

Buckley pauses and corrects herself. "Actually, this is where the science happens."

Buckley points out an Ice Age bison skull that's being prepared for display in the Dinosaur Discovery Centre. There's also a mammoth tusk, discovered by workers in a commercial gravel pit near Taylor, B.C. We come across a latex peel stretched across the floor, a replica of a trackway found out in the wild. The real trackway consists of 19 footprints, made by a medium-sized, plant-eating dinosaur; the rest of the trackway is waiting to be unearthed. The latex peel allows researchers to learn more about dinosaur anatomy.

Tumbler Ridge, in the rugged Rockies, was once covered in swampy, coastal forests, which preserved many of these footprints as fossils.

"Even though there's been a lot of technological advances with finding fossils, a lot of the basic techniques haven't changed in over 300 years," Buckley says. "You have to go out and walk areas and physically see them."

Vawn Himmelsbach was hosted by Destination B.C., which didn't review or approve this story.

GETTING THERE

From Vancouver, catch a short flight to Fort St. John in northern B.C. From there, it's a 175-kilometre drive to Tumbler Ridge (rental cars are available at the airport).

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SUPER BOWL

Belichick seen as tough but deeply loyal leader of Pats

He values the team's overall culture ahead of its individual parts.

He rules his team with an iron fist, and yet, instills that team with a sense of family.

He can appear heartless — quick to say "goodbye" to those who no longer fit in — and yet, he is deeply loyal.

He has hard-and-fast ideas about how to run his own team, but is never against learning and adding bits of others' expertise to his own repertoire.

Yes, this is a description of New England coach Bill Belichick, who can set himself apart Sunday by winning a record fifth Super Bowl title as a head coach.

It's also a description of former coaches Chuck Noll of the Steelers and Tom Landry of the Cowboys and Alabama's Nick Saban.

"Xs and Os are the price of admission," says John O'Sullivan, founder of the Changing the Game project, who speaks often about the importance of coaching in society. "But great coaches, the first thing they do is connect. When you connect with people, they'll run through a wall for you."

Tom Brady and Bill Belichick embrace after the Patriots won Super Bowl XLIX in February 2015. MATT SLOCUM/THE ASSOCIATED PRESS

Belichick, a people person? The same might have been said, or asked, about the most iconic coaches, whose time facing the public usually involves five- and 10-minute segments with the media during which their main goal is to not reveal anything important about their game plan — or much about themselves.

The effort — and sometimes, accolades — they get from their players says more.

Terry Bradshaw couldn't stand Noll on their way to winning four Super Bowls with Pittsburgh. Only years later did the Hall of Fame quarterback concede that he benefited from Noll's coaching. "Did I respect him? Of course I did," Bradshaw said last year. "Like him? No, I didn't like him."

> **"I thought I knew something, and really found out that I was really in a position to learn a lot.**
>
> Nick Saban, who was Belichick's defensive co-ordinator with the Browns from 1991-94

A lot has been made this year of New England's decision to part ways with two key cogs in its defence — Chandler Jones in the off-season, then linebacker Jamie Collins, who was (ruthlessly?) traded away to winless Cleveland in October. That defence still allowed the fewest points in the league.

Belichick is hardly the first coach faced with those sorts of choices. In the '70s, Landry spent a season shuffling between Roger Staubach and Craig Morton at quarterback. Eventually, he recognized the Cowboys could only succeed with one of them, and he chose Staubach, while trading Morton to the Giants.

"Sometimes it is unfortunate to have to make such a decision," Landry said at the time. "But it is important to clear the air so there is no speculation on it from week to week."

This year's other Super Bowl coach, Dan Quinn of the Falcons, has discussed his season-long quest to turn his group of players into a "brotherhood."

Belichick will never be confused as warm-and-fuzzy, though maybe Vince Wilfork's tweet after parting with the Patriots in 2014 painted the best picture about the sort of atmosphere the coach has created: "We are always family," Wilfork wrote.

And while great coaches have some hard-and-fast rules about how they want to run their teams, the best of them are always keeping an open mind toward learning.

Famous are the stories of Belichick's willingness to go the extra mile — especially in the film room — from the time he got his first NFL job, as an assistant to Colts coach Ted Marchibroda in 1975.

"The impression he made on colleagues was almost universally favourable — open-minded, incredibly hard-working, absolutely committed to being a little better every day ... a master at using film," wrote David Halberstam in his 2005 profile on Belichick, "The Education of a Coach." THE ASSOCIATED PRESS

Falcons centre a cause for concern

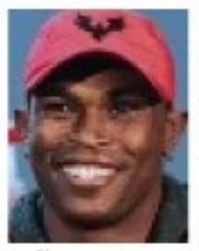
Super Bowl week had gone smoothly for the Atlanta Falcons.

Until Thursday.

Pro Bowl centre Alex Mack was bothered by his injured left fibula during practice at Rice University, and coach Dan Quinn says he's "concerned" about the anchor of the offensive line heading into Sunday's title game against the New England Patriots.

Alex Mack
GETTY IMAGES

Mack was injured in the NFC championship against Green Bay but managed to stay in the game. He didn't practise last week, and he's been listed as limited this week.



Julio Jones
GETTY IMAGES

While he's likely to play, Quinn showed a bit of doubt when he said "I'm not panicked, but I'm concerned."

Receiver Julio Jones (toe) was also limited in Thursday's practice.

Dwight Freeney didn't practise, but it was really just a rest day for the 36-year-old defensive end.

THE ASSOCIATED PRESS

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Atlanta 'brothers' pack big 1-2 punch

SUPER BOWL

Freeman and Coleman are so alike, so deadly for Falcons

Devonta Freeman and Tevin Coleman are so interchangeable in the Atlanta Falcons backfield, Matt Ryan gets a little mixed up at times. "He doesn't even know who's in the game," Coleman said, breaking into a huge smile. Quite a 1-2 punch, these two are.

It really doesn't matter who you put at "1" and who goes at "2." Sure, Freeman is the starter, but there's no drop-off or any reason to change things up when Coleman comes into the game, a back-and-forth arrangement that keeps both backs fresh and gives fits to opposing defences.

But their relationship runs beyond the field. Far beyond it.

"That's my brother," Freeman said in the lead-up to Sunday's Super Bowl against the New England Patriots. "When you see someone, you see that they want to be a part of something special, they're working hard, they're working their butts off, you have no reason but to love that person and have the utmost respect for that person."

They'll savour it while they can, because chances are this won't be a long-term partnership. They'll be friends for life,

Falcons running backs Devonta Freeman, left, and Tevin Coleman run drills.
ATLANTA JOURNAL-CONSTITUTION VIA THE ASSOCIATED PRESS

that's for sure, but the realities of the NFL — with its salary cap and other devices that make it difficult to keep a team together — will likely lead to a breakup in the not-too-distant future.

Freeman, a fourth-round pick out of Florida State in 2014, already created a bit of a stir early in Super Bowl week by bringing up his desire for a new contract.

He rushed for more than 1,000 yards and has been selected for the Pro Bowl each of the past two seasons. Not surprisingly, he wants to be paid like one of the league's top backs.

Then there's Coleman, a third-round pick out of Indiana in 2015. Despite missing three games with an injury this season, he rushed for 520 yards and eight touchdowns. At some point, he's going to deserve more money and probably a larger role in someone's offence.

"We've thought about this a lot," Coleman said. "But that's going to be my brother always, wherever we're at."

Ryan, the Falcons' All-Pro quarterback and one of the leading MVP contenders, knows how fortunate he is to have two backs such as these. "They complement each other so well," Ryan said. It's rare that you have one guy on your roster like that, and we happen to have two."

Indeed, as they rotate back and forth on virtually every offensive series, Freeman and Coleman give the league's highest-scoring offence two of its most dynamic, versatile weapons. In addition to combining for just short of 1,600 yards on the ground, they are nearly as dangerous in the passing game.

Freeman had 54 catches for 462 yards and a couple of scores, while Coleman hauled in 31 passes for 421 yards and three TDs. Now you can understand why Ryan sometimes forgets who's in the game. It doesn't really matter. "That makes it difficult for a defence to account for those guys, because there's really no change with what we do with either of those guys in there," Ryan said.

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D VERSUS O
It's the sixth time since the 1970 merger that the Super Bowl is a matchup of the top scoring team (Falcons, 33.8 points per game) and the team that allowed the fewest points (Pats, 15.6 points per game). The better defensive team has gone 5-1 in those meetings.

PATRIOTS' GAME
New England is playing its NFL-record ninth Super Bowl. Atlanta is making its second trip.

TOUGH TO DOUBT TOM
A win would tie Tom Brady with Charles Haley, who is the only player with five Super Bowl wins. Bart Starr is the only other QB with five NFL titles. He won three before Super Bowls began.

FLYIN' RYAN
Matt Ryan is the first QB in NFL history with three or more passing TDs in four consecutive playoff games. In his past six games, he has 1,861 passing yards, 18 TDs and no interceptions.

BIG DEAL BOOTS
Kickers could play big role in this one. Patriots have won their four Super Bowls by total of just 13 points. Atlanta's Matt Bryant led NFL in scoring with 158 points. THE ASSOCIATED PRESS

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Opening new worlds with roundball

WHEELCHAIR BASKETBALL

Hoops provide reprieve from violence in South Sudan

Warnings of possible genocide hang over the world's youngest nation, but on a basketball court under a fierce morning sun, South Sudan's civil war seems a world away.

Flashing up and down the court in blue and yellow jerseys, the players laugh and sweat as their wheelchairs jostle for position.

This wheelchair basketball tournament in the nation's capital, Juba, is the culmination of a two-week training session run by Jess Markt, a coach from Colorado who has led similar programs in countries ravaged by conflict.

The physically disabled young South Sudanese men, drawn from various ethnic groups, are split into four teams that compete as spectators cheer them on.

"The biggest lesson I have learned from these guys is the power of positive thought and perseverance," Markt said. "They are very poor. Many of them are living in a camp outside the city or they live in rural areas that are very difficult situations, especially for disabled persons, and yet they are on the court playing, laughing and joking as if though they don't have any care in the world."

Many of the players were injured in South Sudan's decades-long struggle for independence from Sudan that ended with the creation of the new nation in 2011. The country has known little peace since 2013, when the rivalry between President Salva Kiir and deputy Riek Machar descended into a civil war in which thousands have been killed amid ethnic tensions.

Wheelchair basketball players compete in a tournament last month in Juba, South Sudan. BULLEN CHOL/THE ASSOCIATED PRESS

Wheelchair basketball training marked the first time some men had been involved in sports, and Markt said he had to teach them how to work together as a team.

James Amoudit Makuei, 19, who travelled hundreds of kilometres to take part, said he hopes to share his skills with other disabled people in his hometown of Yirol.

"I had never played basketball before," he said. "But I have learned a lot of things from the coaches here.... And now I consider myself a basketball player."

He said he dreams of playing for the national team.

Peter Bol Wal, a player-coach who was among the first South Sudanese to play wheelchair basketball, said more disabled people in the capital are embracing the sport. He knew only about 11 players in Juba in 2011 but the number has grown to two dozen, he said.

"This basketball has helped unite us as people with disabilities," he said. "We love each other and we do not talk about our tribal differences."

> **This basketball has helped unite us as people with disabilities. We love each other and we do not talk about our tribal differences.**
> Wheelchair basketball player-coach Peter Bol Wal

The International Committee of the Red Cross, which invited Markt to Juba, supports three physical rehabilitation centres that provide mobility devices and therapy in South Sudan. The aid group works with the South Sudan Wheelchair Basketball Association to put on weekly games.

Markt, who began playing wheelchair basketball at age 19 after a spinal cord injury, has been coaching since 2009 and has trained teams in Afghanistan, India, Palestine and Cambodia.

Markt described his experience in South Sudan as "unforgettable." He recalled one young man, a polio victim, who shouted "Oh my God!" when he scored for the first time after struggling to settle into the rhythm of the game.

"That, to me, is the greatest thing about this type of program," Markt said. "It is helping people who have amazing challenges that they are dealing with in their lives realize how powerful they can be." THE ASSOCIATED PRESS

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AFRICA CUP OF NATIONS

Cameroon look to run table in Gabon

Cameroon didn't need its big-name players to make the Africa Cup of Nations final.

Instead, Cameroon's youngsters knocked out mighty Ghana on Thursday and set up a title decider against record seven-time champion Egypt.

Cameroon beat Ghana 2-0 to return to the final for the first time since 2008, and did it with most of the top stars still in Europe with their clubs. Coach Hugo Broos brought 14 players who had never been to a major tournament.

THURSDAY In Franceville

CAMEROON	GHANA
2	0

Defender Michael Ngadeu opened scoring in the 72nd minute and Christian Bassogog rounded off a counterattack in injury time to make it 2-0. THE ASSOCIATED PRESS

IN BRIEF

Vlad and Doc get called to Canadian Baseball HOF

Former Expos slugger Vladimir Guerrero and retired Blue Jays ace Roy Halladay are among the 2017 Canadian Baseball Hall of Fame inductees.

Longtime Baseball Canada president Ray Carter and umpire Doug Hudlin will also be enshrined in St. Marys, Ont., later this year.

The Canadian team that won gold at the 2015 Pan American Games will also be inducted. THE CANADIAN PRESS

Hockey bosses set to discuss Olympics: Source

NHL participation in the 2018 Olympics may get a much-needed boost on Friday when a meeting will reportedly take place in New York between NHL commissioner Gary Bettman, NHLPA executive director Donald Fehr, IOC president Thomas Bach and IIHF president Rene Fasel. Last weekend, NHL deputy commissioner Bill Daly said: "If the status quo remains I don't expect us to be in the Olympics." THE CANADIAN PRESS

PGA TOUR

Garcia opens strong in Emirates

Sergio Garcia took advantage of better playing conditions in the morning and carded a 7-under-par 65 for a one-shot lead to open the Dubai Desert Classic on Thursday.

Playing ahead of Tiger Woods, who could not make any headway and posted a 5-over 77, Garcia made six birdies and an eagle before finally dropping a shot on the eighth hole, his 17th.

Chile's Felipe Aguilar and South Africa's George Coetzee were tied on 66, and the resurgent Ian Poulter led a group of four players with 67.

Sergio Garcia GETTY IMAGES

Henrik Stenson, the highest-ranked player in the field at 4, posted a bogey-free 68.

Danny Willett started his title defence with a 71.

Six players didn't finish because of poor light. None were threatening the leaders. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Golden Grilled cheese with Garlic Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of sweet apples softened in butter and kissed with garlic make this humble grilled cheese a sandwich slam dunk.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients
- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté until garlic is translucent, about 2 minutes. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean pate.

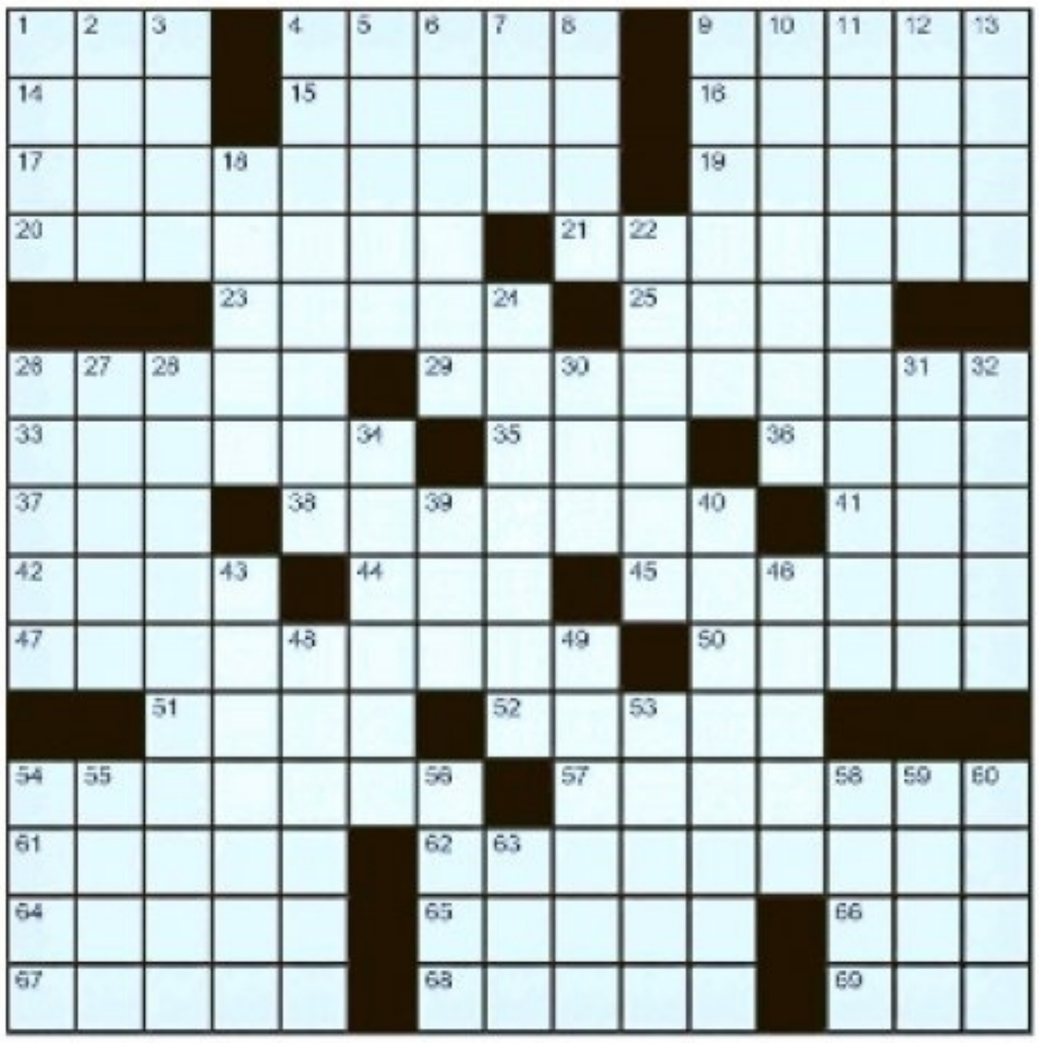
2. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip.

3. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread..

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Title for KFC's Sanders
4. 1917 Russia: Bolshevik Revolution leader Vladimir
9. Casual/noisy pants, for short
14. Stop __ _ dime
15. Sort of skirt
16. Halifax-based energy company
17. Whales that frequent #28-Down
19. "_ _ begin." (It's time we started this meeting)
20. "One of Us" by Joan __
21. Cultivation
23. Soup-server's scooper
25. Sir Coward of plays
26. Spherical
29. Standards measurer
33. How to tackle a problem: 2 wds.
35. Gunk
36. Cut-rate store event
37. "Judging __"
38. Antique purchase, _ _ desk
41. Mr. Bachman
42. Hilarious human
44. Kicker's prop
45. Canadian communications company
47. Do this in a facial to remove flakiness
50. Bull riding show place
51. Sea fluff
52. Snoozed
54. 'M' of RCMP
57. The Young Rascals hit in '67
61. Ms. Lennox of song
62. Existing in the mind only
64. Valuable mine deposits
65. Cyclades island in the Aegean Sea
66. __ up (Absorb)
67. Cheater's date
68. Seven, in Italy
69. Finish

DOWN
1. Salmon of the Pacific Northwest
2. Burden
3. _ and rice (Dog food flavour)
4. Government of Newfoundland & __
5. Antelope of Africa
6. In a fine manner
7. Calligrapher's supply
8. Cozy retreat
9. Yo-Yo Ma's instruments
10. Folded-over frying pan servings
11. Struck back
12. Shoppers Mart link
13. Mailing request, commonly
18. Maneuvered the gondola, say
22. _ carpets
24. New arrivals in the aerie
26. Chicago airport
27. Song's disco-y version
28. Where the world's highest recorded tides are situated, between New Brunswick and Nova Scotia: 3 wds.
30. Deteriorate
31. County in Ireland
32. Ashton Kutcher TV role
34. Guess Who tune: 2 wds.
39. Ms. Michele
40. Marine mammal on a mission?
43. Canada's two dollar coins
46. Boarded the bus: 2 wds.
48. Most recent
49. Jazz music siblings, Les & Larry __
53. Grain fungus
54. Retro milkshake
55. _ _ about (Circa)
56. Chips go-withs
58. Bouquet holder
59. Laundry room appliance
60. Big Apple force [acronym]
63. Ms. West

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next several months, you will be looking good. This is an excellent time to buy wardrobe treasures. Enjoy shopping. (Keep your receipts.)

Taurus April 21 - May 21
Many of you might be involved in a secret love affair for the next several months. You definitely are doing something behind the scenes that pleases you.

Gemini May 22 - June 21
Friendships with creative, artistic people will be important to you this year. In fact, it's a good time to make new friends.

Cancer June 22 - July 23
A romance with a boss might begin for some of you. (This is possible for the next four months.) Meanwhile, others will want your creative advice about things.

Leo July 24 - Aug. 23
Travel for pleasure appeals to you during the next few months. You want a little adventure and a chance to get away for fun!

Virgo Aug. 24 - Sept. 23
Your relationship with romantic partners will be affectionate and cozy during the next few months. This also is a good time to benefit from the wealth and resources of others.

Libra Sept. 24 - Oct. 23
You will improve your relationships with partners and close friends this year, because Venus will be opposite your sign for most of the time until June. This is great news!

Scorpio Oct. 24 - Nov. 22
For the next few months, work on ways to make your workplace feel and look more attractive. Many of you will get a raise or praise as well. Looking good!

Sagittarius Nov. 23 - Dec. 21
This year you'll have lovely romantic possibilities and opportunities. This lovely blessing will last for the next four months.

Capricorn Dec. 22 - Jan. 20
Many of you are involved in redecorating projects at home because you want your place to be more attractive. The next few months also are a great time to entertain at home.

Aquarius Jan. 21 - Feb. 19
Life is good. During the next few months, you will see how much love there is in your daily world. It might amaze you.

Pisces
Feb. 20 - March 20
Look for ways to boost your income during the next few months, because they do exist. (Mind you, you also will be spending money on beautiful things for yourself ones.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2			5	4		1	
5				1		4		6
							9	
					9			5
2	8			3			4	1
3			7					
	7							
1		9		7				2
	4		1	8			3	

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YESTERDAY'S ANSWERS

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2	9	8	1	4	3	6	5	7
4	6	3	7	2	5	8	1	9
7	1	5	9	8	6	3	2	4
3	5	7	4	6	2	1	9	8
6	8	9	5	7	1	2	4	3
1	2	4	3	9	8	5	7	6
8	4	1	6	5	7	9	3	2
9	3	2	8	1	4	7	6	5
5	7	6	2	3	9	4	8	1

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- ☑ BAD CREDIT
- ☑ NO CREDIT
- ☑ WRITE-OFFS
- ☑ SLOW PAYMENTS
- ☑ REPOSSESSIONS
- ☑ BANKRUPTCY
- ☑ COLLECTIONS
- ☑ JUDGEMENTS
- ☑ DIVORCE

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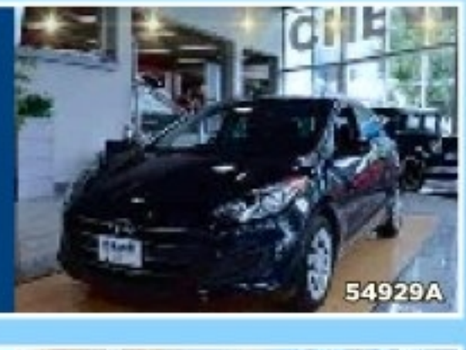
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